

COMMANDER'S HOUSE
ADULT AND SENIOR
COMMUNITY CENTER



Bugle Call

September / October 2016

INSIDE THIS ISSUE:

- Bravo for ArtAbility
- Weekly Class Schedule
- Lunch Menus
- Senior Awareness Month
Guests Speakers
- Birthday Bash
- Special Events
- Fitness in the Park
- Bingo Bingo
- AARP Safety Driving
- Adventure Club Outings
- Senior Fishing Program
- Spooktacular Event
- Dance Classes
- Book Club Information
- Save-The-Dates
- Improvement Project
- Registration Information

Did You Miss Out On Our "Super Summer"?



Pictured L-R: Top - Fitness in the Park Power Walk Along the River, Superhero Day, Middle Row - Red, White, & Blue, Bottom - Super Power Game Winners, Cantaloupe Bowling, Independence Day Wreaths Sponsored by Molina Healthcare.

Bravo For ArtAbility

Bravo For ArtAbility is just around the corner! The event is open to Senior Adults and exhibit registration is free. The show is limited to 100 exhibits. Original Artwork only, created within the past two years is admissible. Artists may submit up to 2 pieces of art each. Categories are as follows:

- 1) Painting & Drawing
- 2) Photography
- 3) Jewelry Making
- 4) Pottery/Ceramics/Sculpting
- 5) Fibers/Crafts.

The full list of Exhibit rules and qualifications can be found in the Bravo Prospectus Entry Form which is available at the Commander's House, other Parks and Recreation Adult and Senior Centers and the DHS One Stop Senior Centers.

Bravo is a juried art exhibit for Senior Citizens. Judges will award "Best in Show," first, second and third place awards by category. People's Choice will be awarded by attendee voters.

Novice and Hobby Artists are encouraged to enter Bravo and interested individuals should consider the following:

- The deadline for entries is Friday, September 30, 2016.
- Artists are not required to be present at Exhibit..
- Artwork must be delivered to exhibit site on Friday, October 21, or Monday, October 24, 2016, between 10:00 a.m. and 3:00 p.m.
- Artists or representative will remove their respective artwork at the conclusion of the exhibit .

Bravo for
ArtAbility
Never too Old to
create!

NOVEMBER 4, 2016

4:00 - 8:00 p.m.

6:00 p.m. Awards Ceremony

For more information call
210.207.3010

Bravo for ArtAbility is a Family Fun Free Festive event. The Public of all ages is welcomed!

PROGRAM CLASS SCHEDULE - Session V, September- October 2016

MONDAY

*10:00 - 11:00	GROUP EXERCISE	JORGE DE LA ROSA	FREE
10:00 - 2:00	AARP SAFETY DRIVING (October 31)	JIM LONG	\$15/Member-\$20/Non Member
11:00 - 11:45	Wii FITNESS <i>New Class</i>	JORGE DE LA ROSA	FREE
1:00 - 3:00	STAINED GLASS ART	LARRY DE LUNA	\$40 Per 8 Class Session
9:00 - 11:00	PLAY WITH CLAY	ROBERT CANEDO	CLOSED FOR REMODELING THRU SUMMER

TUESDAY

* 9:00 - 10:00	F.I.T.P. POWER WALKING	JORGE DE LA ROSA	FREE
*10:00 - 11:00	GROUP FITNESS	JORGE DE LA ROSA	FREE
*11:00 - 11:45	FITP BELLY DANCING	YIRLA AYALA	FREE
1:15 - 3:30	BINGO (1st & 4th Tuesday)	GLORIA DIAZ	GAME DUES
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS
1:30 - 3:30	OPEN STAIN GLASS STUDIO	CERAMICS	ENROLLMENT IN STAINED GLASS

WEDNESDAY

* 9:00 - 10:00	TAKE OFF POUNDS SENSIBLY	ROSE GUIA	TOPS & CoSA MEMBERSHIP REQUIRED
9:30 - 11:30	RIBBON FLOWER MAKING	ALICE BERAIN/	FREE
9:30 - 11:30	KNITTING/CROCHETING	GLORIA TREVINO	FREE
10:00 - 11:00	HAND PERCUSSION & KEYS	JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
11:00 - 12:00	BEGINNING GUITAR	JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
10:00—11:00	INTERMEDIATE GUITAR	ARMANDO MARTINEZ	\$60 SUMMER SESSION
10:00 - 12:00	QUILTING BEE	ROWENA LOPEZ	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	CRAFT WITH ME (2nd & 4th Wednesdays)	JORGE DE LA ROSA/ANGEL RUIZ	SUPPLY FEE VARIES BY PROJECT

THURSDAY

* 9:00 - 10:00	F.I.T.P. POWER WALKING	JORGE DE LA ROSA	FREE
*10:00 - 11:00	GROUP EXERCISE	JORGE DE LA ROSA	FREE
*11:00 - 11:30	LINE DANCE FOR FITNESS	OLIVIA VALDEZ	FREE
10:30 - 11:45	C.H. BOOK CLUB (9/15 & 10/20)	JUANITA ASHER	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 PER 8 SESSIONS
1:30 - 3:30	OPEN CLAY STUDIO	POTTERY STUDIO	CLOSED FOR REMODELING THRU SUMMER

Friday

8:15 - 9:15	INTERMEDIATE GUITAR	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
9:30 - 10:30	BEGINNER GUITAR	BILLDOBBS	\$20 SUPPLY FEE PER MONTH
9:00 - 10:00	KEYBOARD	BRIAN HENDERSON	\$30/\$60 PER SESSION 60+/81-59
*10:00 - 11:00	GROUP FITNESS	JORGE DE LA ROSA	FREE
10:00 - 11:00	SINGING WITH HEART	BRIAN HENDERSON	\$30/\$60 PER SESSION 60+/18-59
11:00 - 11:30	BINGO (9/16, 9/23, 10/14, 10/21)	DINING HALL	GAME DUES
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN AN ART CLASS
1:30 - 3:30	OPEN CLAY STUDIO	POTTERY STUDIO	Closed for Remodeling

* Students are asked to check with their doctors before participating. ALL CLASSES ARE CO-ED

Guitar, Percussion, and Singing Classes - Are by sessions - Please check with staff on starting dates.

Holiday Center CLOSED: September 5th in Observance of Labor Day

HEB
Helping Here.

Chef

Albert Rodriguez

**LUNCH IS BY
RESERVATION
ONLY. PLEASE MAKE
RESERVATIONS BY
WEDNESDAY OF THE
PREVIOUS WEEK
WITH JORGE AT
210.207.3010.**

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time. Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.



CITY OF SAN ANTONIO
PARKS & RECREATION

SAVE-THE-DATE

Thanksgiving Luncheons
November 15, 16, & 17

Christmas Luncheons
December 13, 14, & 15

RESERVE EARLY!



September 2016



Happy Labor Day

Tuesday, September 6

Parmesan Chicken Sandwich,
Orzo Pasta, Broccoli Soup,
Salad,
Chef's Choice

Tuesday, September 13

Pub Style Burgers,
Potato Wedges, Baked Beans,
Salad,
Ice Cream

Tuesday, September 20

Cajun Shrimp, Pasta,
Tuscan Vegetables,
Salad, Texas Toast,
Chocolate Cake

Tuesday, September 27

Chicken Cutlet,
Mashed Potatoes, Cauliflower
Mix, Salad, Roll,
Chef's Choice

Wednesday, September 7

Meatloaf,
Scalloped Potatoes, Normandy
Blend Veggies, Salad, Roll,
Cheesecake

Wednesday, September 14

Baked Fish,
Twice Baked Potato, Mac &
Cheese, Salad, Cornbread,
Cherry Pie

Wednesday, September 21

Chicken & Dumplings,
Mashed Potatoes, Broccoli,
Salad, Cornbread,
Chef's Choice

Wednesday, September 28

Crispy Beef Taco,
Spanish Rice, Pinto Beans,
Salad,
Peach Empanada

Thursday, September 1

Beef Stroganoff,
Butter Noodles, Cauliflower,
Salad, Roll,
Chef's Choice

Thursday, September 8

Pork Roast,
Rosemary Potatoes, Peas & Car-
rots, Salad, Roll,
Cookies

Thursday, September 15

Chicken Fajita Taco,
Spanish Rice, Borracho Beans,
Salad,
Chef's Choice

Thursday, September 22

Breaded Beef Cutlet,
Rice Pilaf, Steamed Carrots,
Salad, Roll,
Cheesecake

Thursday, September 29

Baked Cod,
Scalloped Potatoes, Broccoli,
Salad, Roll,
Cobbler



October 2016



Tuesday, October 4

Pesto Chicken w/Alfredo Sauce,
Pene Pasta, Italian Veggies,
Salad, Garlic Bread,
Chef's Choice

Tuesday, October 11

Shepherd's Pie,
Broccoli, Mashed Potatoes,
Salad, Roll,
Boston Crème Pie

Tuesday, October 18

Tuna Melt on Croissant,
Pasta Salad, Fresh Fruit,
Salad,
Apple Turnover

Tuesday, October 25

Baked Chicken Breast,
Rosemary Potatoes, Corn,
Salad, Roll,
Chef's Choice

Wednesday, October 5

Salisbury Steak,
Mashed Potatoes, Buttered Peas,
Salad, Cornbread,
Apple Pie

Wednesday, October 12

Tilapia Tacos,
Cilantro Rice, Borracho Beans,
Salad,
Pumpkin Empanada

Wednesday, October 19

Chicken Pita,
Greek Macaroni, Steamed
Veggies, Salad,
Chef's Choice

Wednesday, October 26

Chopped Beef Sandwich,
Baked Beans, Potato Salad,
Salad,
Oatmeal Cookies

Thursday, October 6

Porkchop,
Seasoned Potatoes, Normandy
Veggies, Salad, Roll,
Brownies

Thursday, October 13

Fried Chicken,
Home Fries, Green Beans,
Salad, Cornbread,
Chef's Choice

Thursday, October 20

Beef Tamales,
Spanish Rice, Pinto Beans,
Salad,
Pan de Dulce

Thursday, October 27

Stuffed Jack-O-Lantern
Bell Peppers, Mashed Potatoes,
Seasoned Veggies, Salad,
Cornbread, Halloween Cupcakes

BE ON THE LOOK OUT FOR SOMETHING FUN...

Senor Awareness Month Guests Speakers

Tuesday, September 6, 11 a.m. - 1 p.m.
Well Med Presentation Wellness Checks
Ana Soto

Wednesday, September 14, 11 a.m. - 1 p.m.
LegalShield Protecting Your Identity
Lee & Cecilia Childress

Thursday, September 15, 10a.m. - 11 a.m.
AARP Fraud Prevention Presentation
Julia Castellano-Hoyt

Thursday, September 22, 11a.m. - 12 p.m.
WellCare ABC's of Open Enrollment
Patricia Byrd

Tuesday, September 27, 11 a.m. - 2 p.m.
Garcia Funeral Planning
Terry Garcia & Maria Lopez

Wednesday, September 28, 11 a.m. - 11:30
LegalShield Legal Matters
Lee & Cecilia Childress



Tuesday Bingos 1:15 p.m. - 2:45 p.m.

Well Med Sponsored 9/6

Garcia Funeral/Planning & Humana Sponsored 9/27

WellCare Sponsored 10/4

Well Med Sponsored 10/25

Friday Bingos 11:00 a.m. - 1:00 p.m.

9/16 • 9/23 • 10/14 • 10/21



Monthly Birthday Bash

Tuesday, September 22
Wednesday, October 4
11:30 a.m. - 12:30 p.m.

Cost: Free

Come get a party favor and sing happy birthday while joining the party conga line. The party starts here!



Power Walking

Tuesdays & Thursdays
9:00 a.m.

Belly Dancing

Tuesdays
11:00 a.m.

Finding the fitness routine that works for you isn't always easy, but the Parks and Recreation Department has gone the extra mile to offer all the possibilities. We have Fitness in the Park, which offers two free fitness classes here. On Tuesdays and Thursdays.

Public Welcomed!



AARP Safety Driving

Monday, October 31

10:00 a.m. - 2:00 p.m.

\$ 15 AARP Members

\$ 20 Non-Members

Cars have changed and so have traffic rules, driving conditions and the roads we drive on every day. Let us bring you up to speed. Call 210.207.3010 to register for

DID YOU SIGN UP ALREADY???



Craft With Me Series

September 14

1:30 p.m. - 3:30 p.m.

Hand Blown Glass Earrings

\$10 Supply Fee

September 28

1:30 p.m. - 3:30 p.m.

Halloween Candy Dish

\$10 Supply Fee

October 12

1:30 p.m. - 3:30 p.m.

Cheese Grater Owl

October 26

1:30 p.m. - 3:30 p.m.

Plastic Canvas Needlepoint Turkey

\$10 Supply Fee



Spooktacular Health & Resource Fair

Saturday, October 29

9 am - 12 pm

Costume Contest at 11 a.m. Goblins of all ages Welcomed

DANCE CLASSES

• **LINE DANCING** •
BELLY DANCING

FROM 11AM TIL 11:45AM



• **EVERYONE WELCOME - FREE** •
BELLY DANCING TUESDAYS
LINE DANCING THURSDAYS

What's On Your Mind

The Commander's House is always looking for ways to improve programming. A good way to do that is to get feedback from our members. Is there something you would like to see that is currently not offered? Maybe there are programs that we do offer and you have ideas that might help improve them. Bring your ideas no matter how large or small and we will see if we can turn them into reality. No reasonable idea will be turned away.

Fill out our suggestion cards and leave them in the box by the former Main Street door!

LUNCH BITES: Did You Remember To....



- Remember to bring your own "TO - GO" container?
- Make sure your membership is up to date?
- Purchase your lunch token for the day?
- Be mindful of Reserved Tables for gaming groups?
- Get your drink?
- Sign up for any upcoming events?
- Catch the announcements for the day?
- Clean up your area after lunch?
- Make a reservation for next week?
- Enjoy your meal and mingle?

JOIN THE COMMANDER'S HOUSE BOOK CLUB

The club meets on a regular basis every third
Thursday of the month at 10:30 a.m. Our

Volunteer Coordinators are
Juanita Asher & Rowena Lopez

REVIEW DATES

"After You" by Jo Jo Moyes, September 15
Any Book on Maury Maverick, October 20

For more information, call (210) 207-3010



Read a Good Book Lately?

**Books are keys to wisdom's treasure;
Books are paths that upward lead;
Books are gates to lands of pleasure
Books are friends, Come, let us read**

Author Unknown

SAVE-THE-DATES September - October

September 2016

1 - Membership Drive Begins
5 - Center Closed For Labor Day
8 - Artist of The Month, 1:30 p.m.
12 - Diabetes Self Management Program, 10:00 a.m.
14 - Craft With Me Craft Class, 1:30 p.m.
15 - AARP Fraud Prevention Presentation, 11:00 a.m.
17 - Walk to End Alzheimer's, 8:00 a.m.
19 - Diabetes Self Management Program, 10:00 a.m.
21 - Falls Prevention Kick Off 1:00 p.m.

22 - Wellcare presentation, 11:00 a.m.
22 - Birthday Bash, 11:30 a.m.
26 - Diabetes Self Management Program, 10:00 a.m.
27 - Funeral Planning Presentation, 11:00 a.m.
28 - Craft With Me Craft Class, 1:30 p.m.

October 2016

12 - Craft With Me Craft Class, 1:30 p.m.
24 - Birthday Bash, 11:30 a.m.
26 - Craft With Me Craft Class, 1:30 p.m.
29- Spooktacular Health and Resource Fair



**PARDON OUR
PROGRESS
EXCITING CHANGES
IN THE WORKS**

**COMMANDER'S
HOUSE
IMPROVEMENT
PROJECTS
THRU
SEPTEMBER 2016**



We are very excited about the new improvements in progress. Programs and program hours will continue to operate as normal including our business hours. Do plan accordingly and give yourself ample time to safely enter and exit the Center. This project will take place through September 2016. Here are a few helpful reminders:

- BE AWARE OF CONSTRUCTION ZONED AREAS AND DETOURS
- BE MINDFUL OF CONSTRUCTION CREWS AND PEDESTRIANS
- DRIVE SLOWLY IN AND OUT OF THE PARKING LOT
- PARK IN DESIGNATED SPOTS ONLY OR IN THE OVERFLOW LOT
- BE PATIENT AND SIDE WITH CAUTION



CITY OF SAN ANTONIO
PARKS & RECREATION

**Commander's House Adult and
Senior Community Center**

622 S. Flores
San Antonio, Texas 78204
210.207.3010
gloria.delacruz-sandoval
@sanantonio.gov

Step Up to Recreation!

Partner in the

Senior Community

Eighteen Years!



Helping Here.

Center Staff Contact Information:

Gloria De La Cruz-Sandoval,
Recreation Supervisor
210.207.3011
gloria.delacruz-sandoval@sanantonio.gov

Jorge De La Rosa Jr.,
Community Center Leader
210.207.3012
jorge.delarosajr@sanantonio.gov

Angel Ruiz,
Community Center Leader
210.207.3013
angelita.ruiz@sanantonio.gov

We're on the web at
www.sanantonio.gov/parksandrec

MEMBERSHIP FEE:

\$7 Per Person Per Year 60yrs. & Over
\$15 Per Person Per Year 18yrs. - 59yrs.

COBRO de MEMBRESIA:

\$7 Por Ano, Por Persona 60+
\$15 Por Ano, Por Persona 18anos - 59anos

HELPFUL NUMBERS:

San Antonio Non-Emergency Information.....Dial 311
Elderly & Family Services.....Dial 211

LUNCH RESERVATIONS CALL 210.207.3010

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, Granados Adult and Senior Center at 500 Frieling (210) 207-3285, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.